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Reviews

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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: November 2011 Pages: 212 Language: Chinese in Publisher: Jilin University Publishing diet is the performance of the activities of life. but also the treatment of diseases and health and longevity guarantee. Food. Anggun prosper. Juegu is dangerous: only enough food to live and work in peace and contentment. Anmin the. will be funded in the food; only physical health. in order to accomplish something. to contribute. Therefore, the diet not only sustains the life of the individual, but also related to the race continues, national prosperity, social prosperity and human civilization. The reasonably balanced nutritional diet is very important. Medical Edible food and medicine from the same root, diet and similar drugs for the treatment of diseases. Grain for the support, and in order to assist the five fruits, five animals for the benefit, the five dishes for the charge, the smell of joint and service to complement the fine Qi. today nutritionists unanimously recognized as the most reasonable nutritional diet principles, it is our ancestors thousands of years ago, has been proposed wisdom. Filling in the empty, drugs in order to dispel the food attendant is further pointed out that the disease in addition to drug therapy, should also be emphasis on nutrition diet: two-thirds rule, seven support, nutritional diet also. Contents: Preface Introduction Chapter II Science Diet principles of basic nutrition, basic concepts, the six nutrients, grain for the support, and in order to assist the five fruits, five animals for the benefit of five dishes for the charge four What is food Five five the food pH of Chapter reasonable diet, diet, lifeblood two a day, how much to eat, diet Myth Nutrition Q...



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